

Bill: *H.B. No. 5467 (RAISED) AN ACT ESTABLISHING A RED RIBBON PASS PROGRAM.

The Physical Education students from CCSU introduced and implemented brain breaks with all students at Edna C. Steven School. These were quick and effective way of changing or focusing the physical and mental state of our students. They were also a useful tool for students to use to help activate, energize and stimulate their brains. Research indicates that brain breaks also improve students' concentration and relieve stress. Some brain breaks focused on discussion or some on a specific task. The most effective brain breaks incorporated some level of physical movement. Brain break activities took about 1-3 minutes of class time to complete. Brain breaks proved to be beneficial for both our students and teachers. What we did learn was that before implementing brain breaks into the classroom, we needed to be certain that the purpose was clearly explained to our students. It was also important that teachers set clear behavior expectations before they started the actual break. For example, reminding students that everyone must participate and must give their best effort. Setting a timer for the activity so that it doesn't exceed set time limits. Explaining the activity and demonstrating the task was important too. The brain breaks continue to be a very effective daily part of our day in all classrooms!

Lucille DiTunno

Principal

Edna C. Stevens School

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